



Walking Club

May 4 - August 31 • Free!

You know the many benefits of walking, now make it a fun exercise by walking with others! Members will meet at Forest Lake City Center and can break into smaller groups based on participant's preferred speed and distance. Walks will take place on the Hardwood Creek Trail or on residential streets. A partnership with Fairview, Allina, OSI Physical Therapy and other health organizations will allow a different health professional to share information and walk with the group each week. Check for updates online at www.flaschools.org/ce.

6153-SP17 May 4 - Aug 31 Thu
6 - 7 pm Free
Forest Lake City Center
No class Jul 6

Forest Lake City Center is located at
1408 Lake Street South, Forest Lake.

Register online at www.flaschools.org/ce
or call (651) 982-8110.



Community Education
Forest Lake Area Schools



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